



# ELLIPTI-CYCLE 200

## ELLIPTICAL TRAINER



### ELLIPTICAL TRAINER CARE INSTRUCTIONS AND ASSEMBLY MANUAL

**CAUTION**  
READ ALL PRECAUTIONS AND  
INSTRUCTIONS IN THIS MANUAL  
BEFORE USING THIS EQUIPMENT  
KEEP THIS MANUAL FOR  
FUTURE REFERENCE

CALL  
0861 876526  
0861 TROJAN

1 YEAR  
warranty



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# 1. SAFETY INSTRUCTION

## WARNING :

To reduce the risk of serious injury, read the following safety instruction before using the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL.

1. Use the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL should not be used by persons weighing more than 110kgs.
4. The TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL should be used by only one person at a time.
5. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL only as described in the manual.
7. Do not attempt to adjust the seat cushion while you are on the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL.
8. Before using this equipment to exercise, always do stretching exercises to properly warm up.
9. Always make sure all bolts and nuts are tightened prior to each use.



## WARNING

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

## 2. PRE-ASSEMBLY CHECK LIST

Thank you for choosing the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

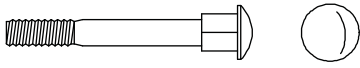
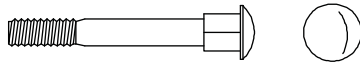





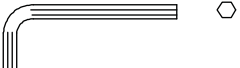




Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

- Read this manual carefully before using the TROJAN ELLIPTI-CYCLE 200 ELLIPTICAL.



### 3. HARDWARE LIST

No.	Description	Q'ty	No.	Description	Q'ty
12	 Carriage Bolt (M8 x 60mm)	4	42	 Carriage Bolt (M8 x 70mm)	4
11	 Screw (M8 x 15mm)	8	53	 Hex Head Screw (3/8" x 45mm)	4
14	 Cap Nut (M8)	8	39	 Nylock Nut (3/8")	4
36	 Washer (ø10 x 26mm)	4		 M5 Allen Wrench	1
15	 Arc Washer (ø8 x 19mm)	16		 M8 Allen Wrench	1
68	 Nut Cap (19#)	4		 Screw Driver	1

**NOTE :**

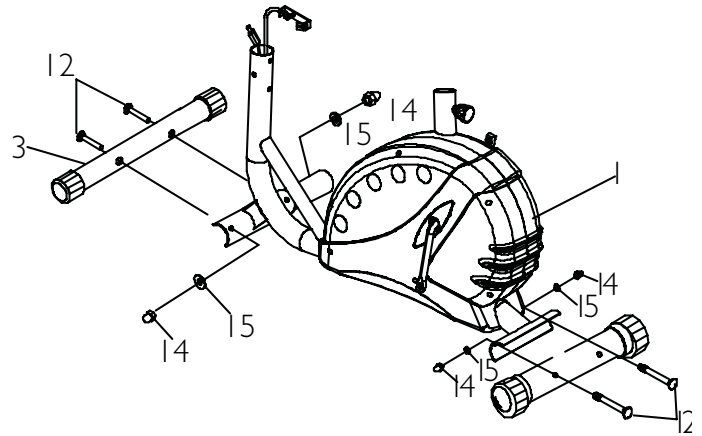
The described parts are all you need to assemble this machine.

Before starting assembly, please check the hardware packing to make sure they are included.

## 4. ASSEMBLY STEP

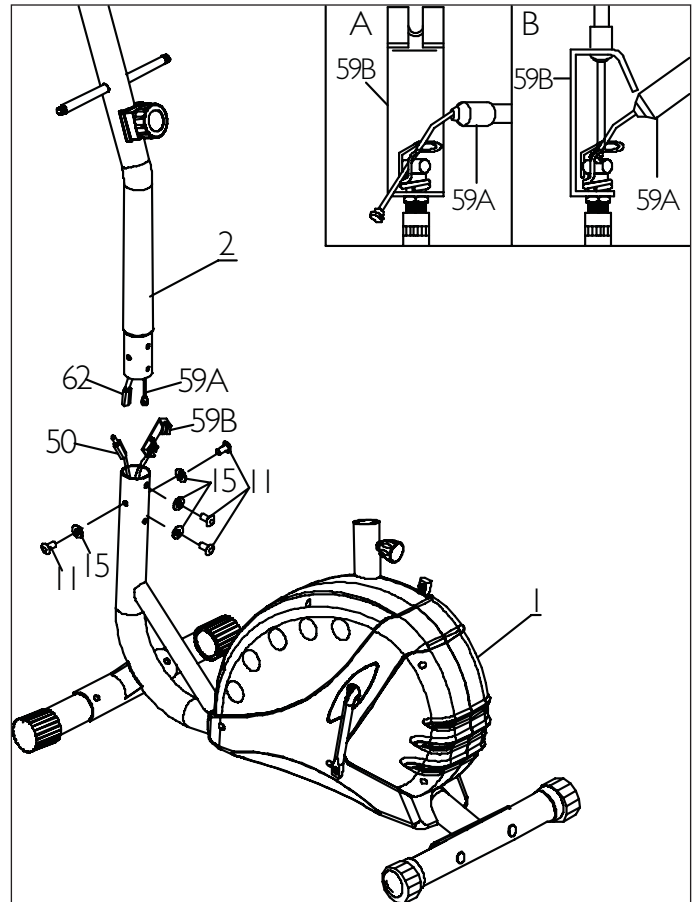
### STEP 01

- Attach the Front Stabilizers (3) to the Main Frame (1) with the Carriage Bolts (12), Washers (15) and Cap Nuts (14).
- Attach the Rear Stabilizers (76) to the Main Frame (1) with the Carriage Bolts (12), Washers (15) and Cap Nuts (14).



### STEP 02

- Connect Sensor Cable (50) to the the Extention Cable (62).
- Insert the Tension Wire (59B) into the Upright Tube (2)
- Secure the Handlebar Post by Screws (11) and Washers (15).
- Attach Tension Cable (59B) to the Tension Controller (59A) as shown in figure A and B.

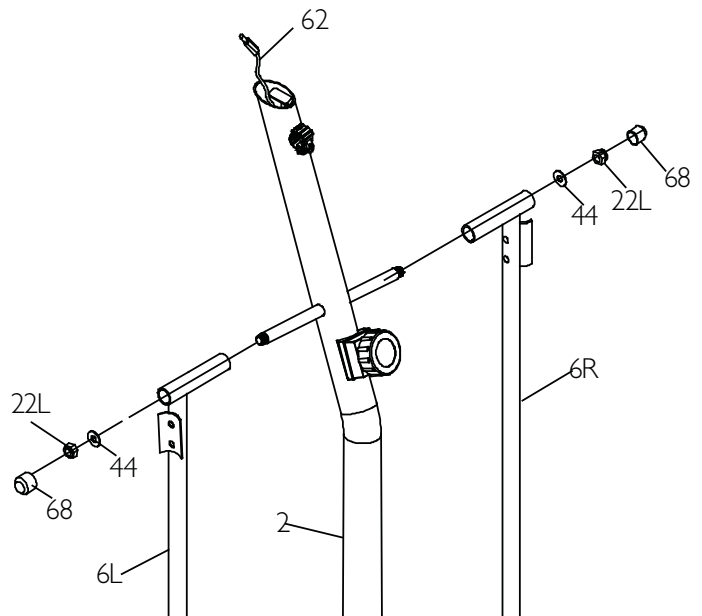


### CAUTION:

Ensure that cables are not damaged during assembly or when tightening screws.

### STEP 03

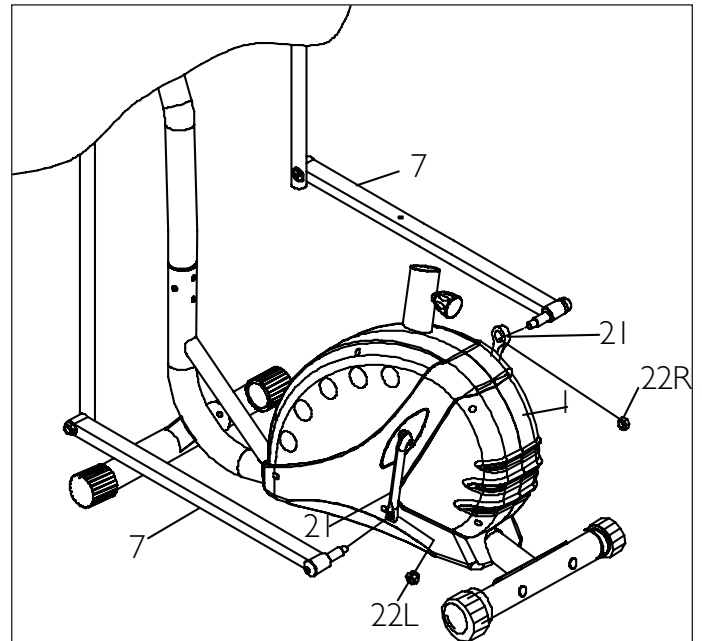
- Attach the end of the Lower Handlebars (6L and 6R) to the axle on the Upright Tube (2) with the Washers (44) Nylon Nuts (22L) and Nut Caps (68).



# ASSEMBLY STEP

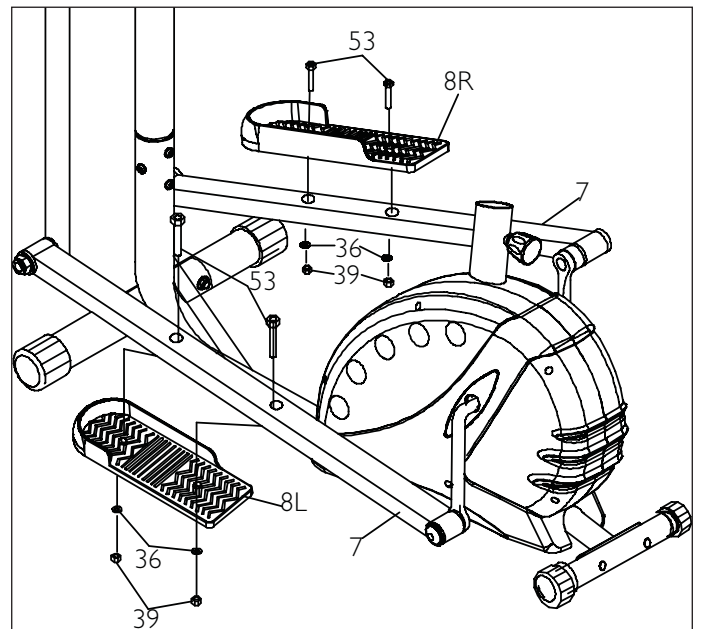
## STEP 04

- Attach both Pedal Tubes (7) to the Cranks (21) with Nylon Nuts (22L and 22R)



## STEP 05

- Connect the Pedals (8L and 8R) onto the Pedal Tubes (7) with Nylon Nuts (39), Washers (36), and Hex Head Bolts (3/8" x 45mm) (53).
- Each Pedal is marked "L" for left side and "R" for right side.



## CAUTION:

Ensure that cables are not damaged during assembly or when tightening screws.

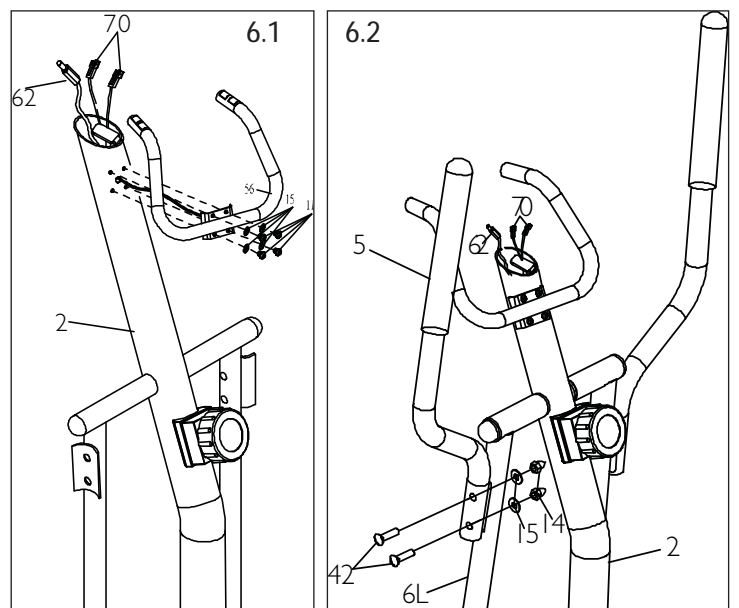
## STEP 06

### 6.1.

- Insert the Pulse Wires (70) into the bigger hole on the Upright Tube (2) and pull them out from the top of the Upright Tube (2).
- Then attach the U-Style Bar (56) onto the Tube (2) and attach it with Screws (11) and Washers (15)

### 6.2

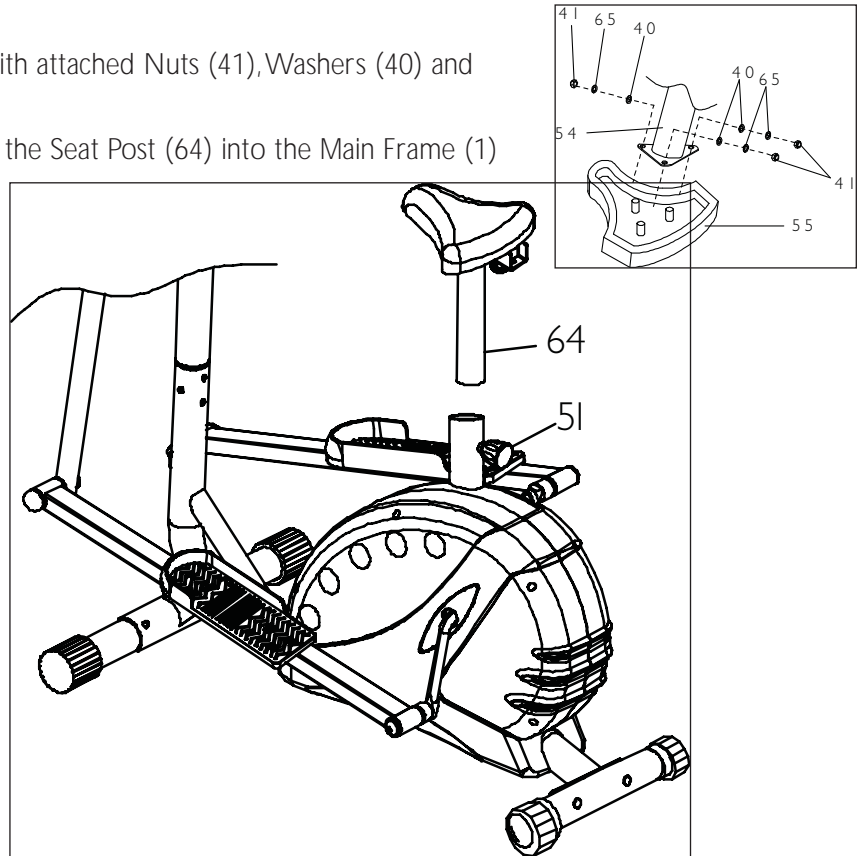
- Attach both Handlebars (5) onto the axles of the Handlebar Post (2) and attach with Carriage Bolts (42), Washers (15) and Nylon Nuts (14).



# ASSEMBLY STEP

## STEP 07

- Attach the Seat (55) to the Seat Post (54) with attached Nuts (41), Washers (40) and Spring Washers (65)
- Remove the Seat Knob (51), and then insert the Seat Post (64) into the Main Frame (1)
- Fix at the desired height with the Seat Knob (51)

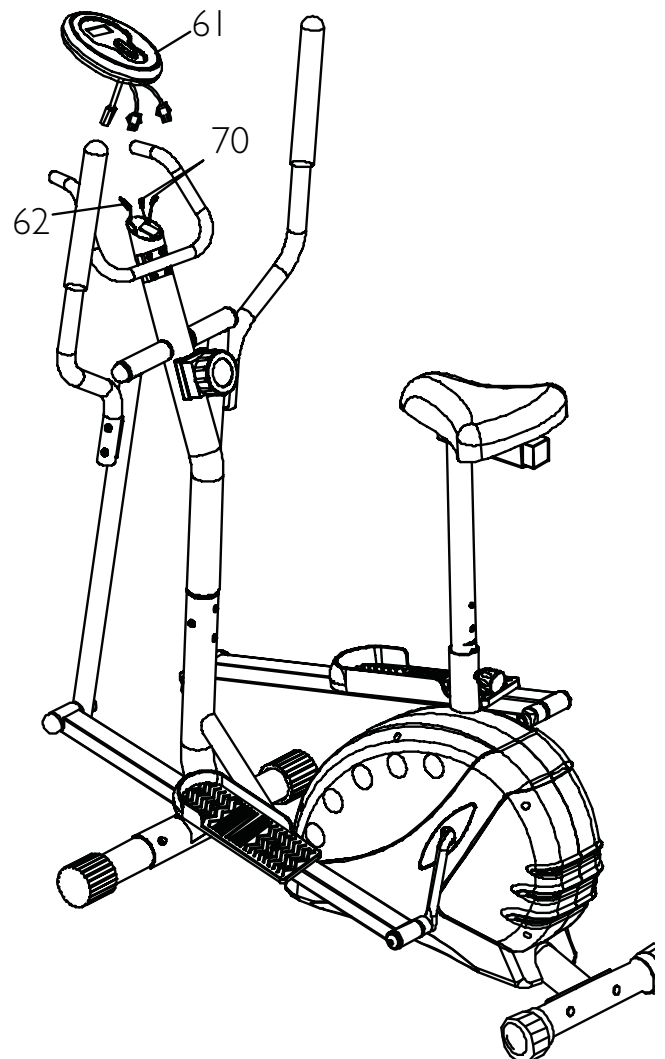


## STEP 08

- Connect the Extension Wire (62) and Pulse Wire (70) with the Wires of the Computer (61).
- Attach the Computer (61) to the Handle Rod.

### CAUTION:

Ensure that cables are not damaged during assembly or when tightening screws.



## Recheck

all bolts and nuts are tightened securely before using the machine



# 5. COMPUTER FUNCTION

## SPECIFICATIONS

TIME (TMR)	00:00-99:59
ODOMETER (IF HAVE)	0-9999 KM
SPEED (SPD)	0.0-99.9 KM/H
PULSE (IF HAVE)	40 - 240 BPM
DISTANCE (DST)	0.00-999.9 KM
CALORIES (CAL)	0-9999 KCAL

## KEY FUNFCTION

MODE	Use this key to select the particular function that you want
------	--

## OPERATUIION PROCEDURES

AUTO ON/OFF	<ul style="list-style-type: none"> <li>The system turns on when any key is pressed or when it receives input from the speed sensor.</li> <li>The processor turns off automatically when the speed sensor has no signal input or no key is pressed for 4 minutes.</li> </ul>	
RESET	The unit can be reset by changing the batteries or pressing the MODE key for 3 seconds.	
HOW TO VIEW TIME, DISTANCE, ODOMETER, PULSE & CALORIES	Press the MODE key when the pointer is on the function you want which will start flashing.	
FUNCTIONS	TIME	The exercise time will be displayed by pressing MODE key until TMR appears.
	SPEED	Current speed will be shown by pressing MODE key until SPD appear.
	DISTANCE	The distance of each workout will be displayed by pressing MODE key until DST appears.
	ODOMETER	Press the MODE key until the display highlights ODO.The total accumulated distance will be shown.
	PULSE	User's current heart rate is displayed in beats per minute (BPM) by pressing MODE key until PULSE appears. Place the palms of your hands on both of the contact pads and wait for 30 seconds for the most accurate reading.
	CALORIES	The calories burned will be displayed by pressing MODE key until CAL appears.
	SCAN	Automatic display of the following functions in the order shown TIME-SPEED-DISTANCE-ODOMETER-PULSE-CALORIES

## BATTERY

This monitor uses two AA batteries. If incorrect data displays on the monitor, please reinstall the batteries

## 6. FITNESS TIPS AND TRCHNIQUES

### AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

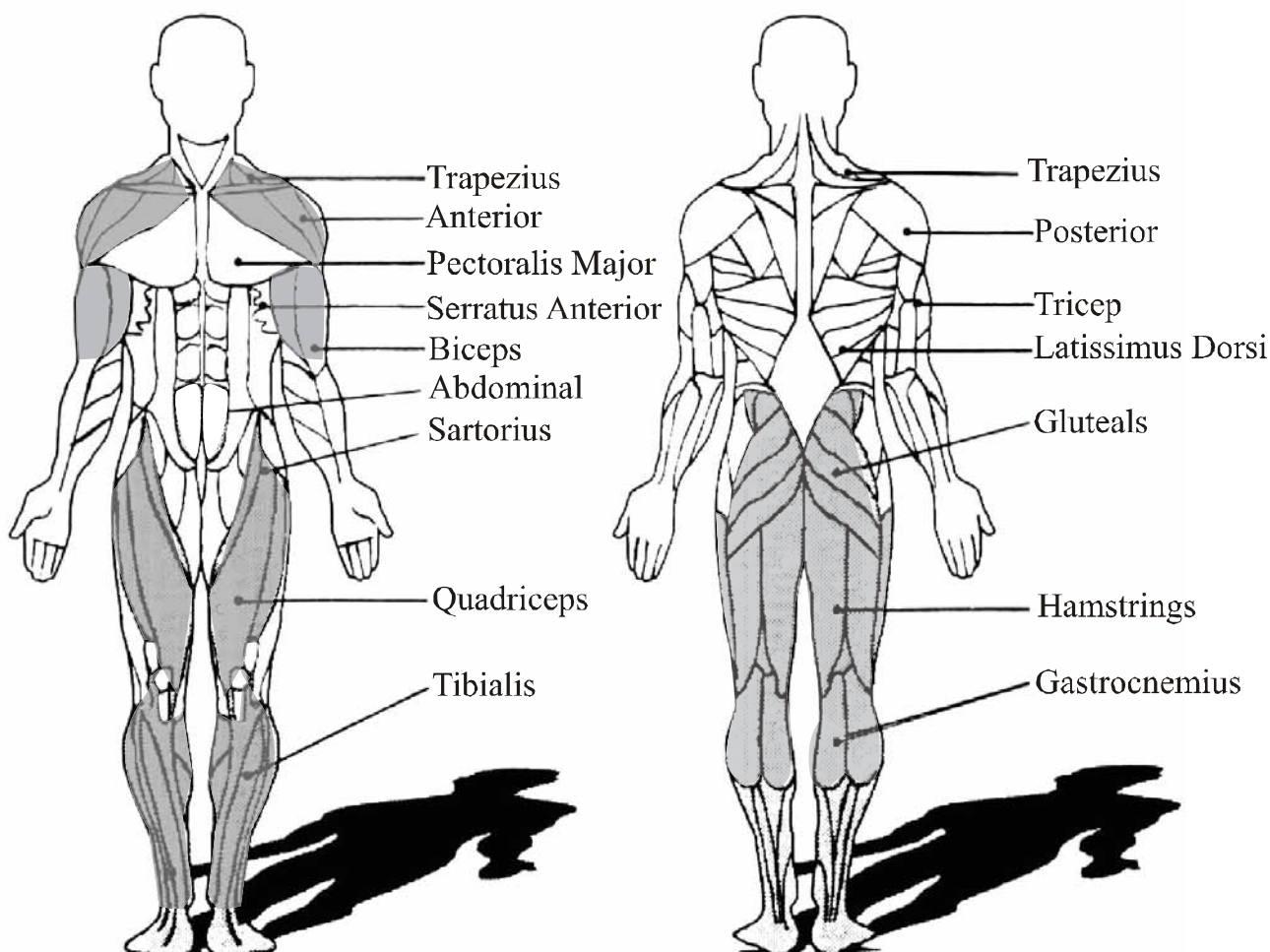
### WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always consult your physician before beginning any exercise program.

### MUSCLE CHART

#### ELLIPTICAL TRAINER

The exercise routine that is performed on the elliptical trainer will develop the upper and lower body muscle group as well as condition the circulatory system and provide a good aerobic workout .These muscle groups are highlighted on the muscle chart below.



## 7. CONDITIONING GUIDELINES

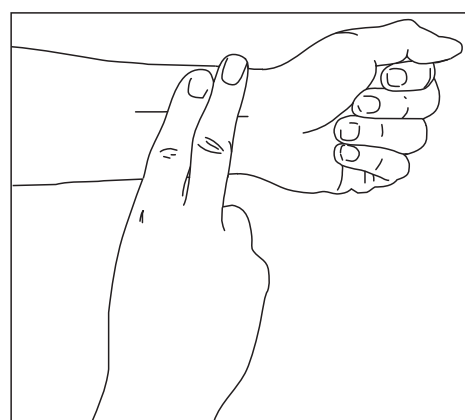
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials :

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

### EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

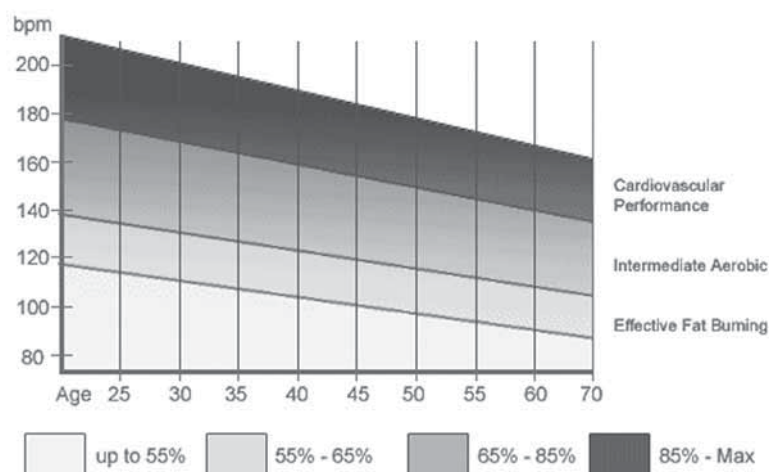


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

Adjust the intensity of your exercise until your heart rate is at the proper level.

For more information on dieting and training visit [www.trojanhealth.co.za](http://www.trojanhealth.co.za)



# 8. WARM-UP AND COOL-DOWN

## WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch-never bounce.

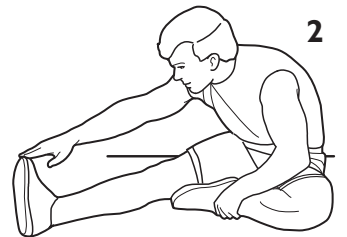
### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.



### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



### 3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.



### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



## 9. FREQUENTLY ASKED QUESTIONS

Q1. My elliptical does not move as easily as indicated in manual

1. Ensure you have placed the stabilizer with the wheels in the front of the unit.

Q2. My consol does not work?

1. Make sure you have connected it correctly and have placed the batteries in the consol.

Q3. My consol is not clear and appears faded?

1. Ensure your unit is not in direct sunlight and you have removed the plastic cover from the screen.

If display does not improve, please contact 0861 876 526

Q4. My tension control is not working?

1. Ensure the cable has been connected correctly

Q5. My pedals are not **fitting** properly?

1. Make sure you have inserted them on the correct side of the unit. Each pedal is marked L or R.

Q6. I cannot thread the main cable through the upright bar?

1. Use the thin wire provided or a piece of string to assist you.

Q7. My consol is showing a "0" error

1. Check that the sensor magnet is correctly fitted and passes in front of the sensor.
2. Check the gap between speed sensor and the magnet is 5mm or less
3. Check that all computer plugs and sockets are firmly and correctly connected
4. Check that the computer wires are not damaged

If the error persists, please contact 0861 876 526

Q8. The consol cannot read the hand pulse signal

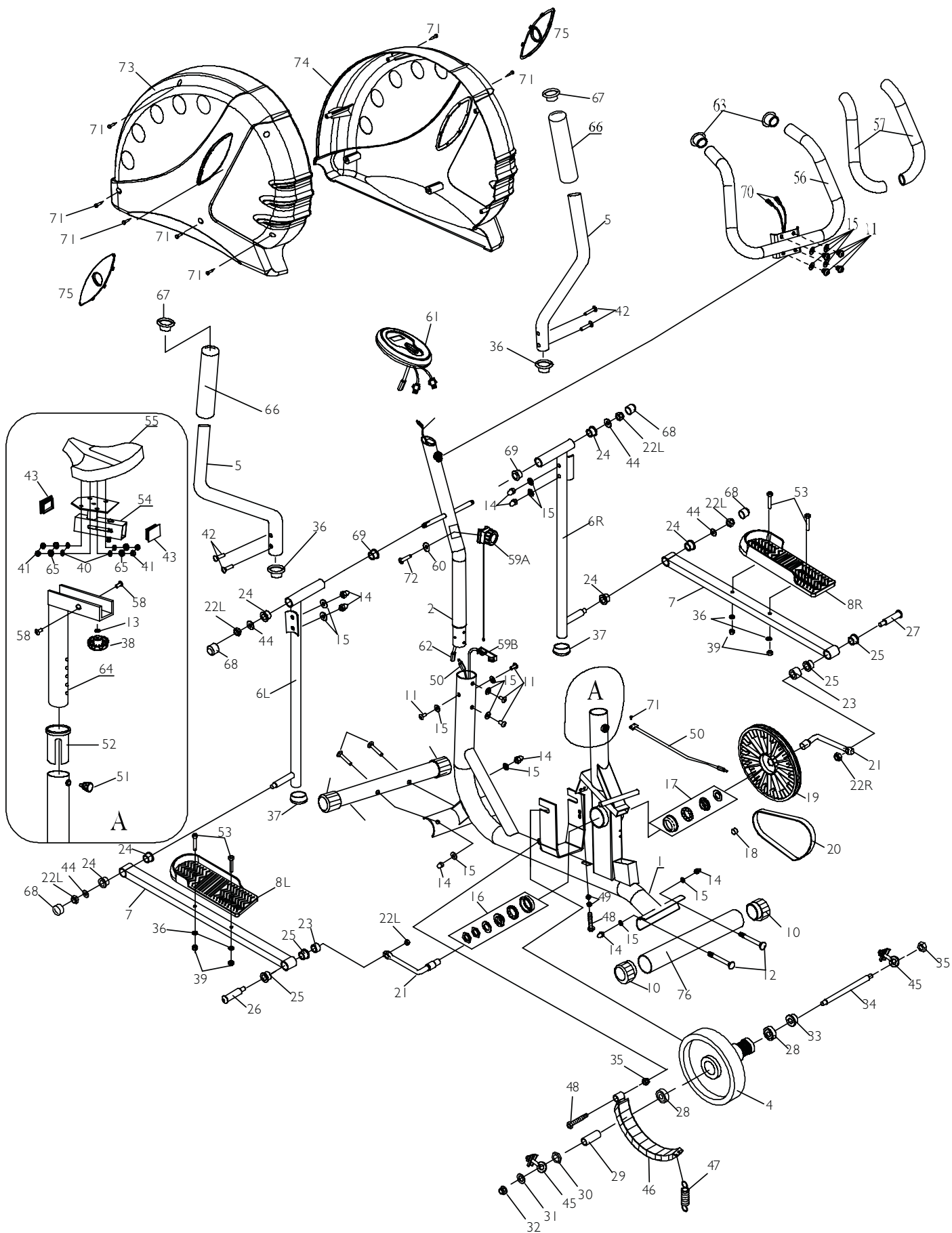
1. The hand pulse sensors will not operate correctly if your skin is extremely dry. Moisten your hands and try again.
2. Avoid moving your hands while exercising and hold the hand pulse sensors firmly while exercising. If you do move your hands while exercising, give the computer a few seconds to resample and display your correct heart pulse rate
3. Clean the hand pulse sensors to ensure good contact between your body and the pulse sensor

If the error persists, please contact 0861 876 526

## 10. PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1569-01	Main Frame	1	1569-38	Adjust Knob (M8)	1
1569-02	Upright Post	1	1569-39	Nylock Nut (3/8")	4
1569-03	Front Stabilizer (ø50 x 1.5 x 500)	1	1569-40	Washer (ø8)	4
1569-04	Flywheel	1	1569-41	Nylock Nut (M8)	4
1569-05	Upper Handlebar	2	1569-42	Carriage Bolt (M8 x 70mm)	4
1569-06-L	Lower Handlebar (L)	1	1569-43	Square Plug (38.1 x 38.1mm)	2
1569-06-R	Lower Handlebar (R)	1	1569-44	Washer (ø13 x 26 x 2.0)	4
1569-07	Pedal Tube	2	1569-45	Zip (M6 x 40mm)	2
1569-08-L	Pedal (L)	1	1569-46	Magnetic Plate	1
1569-08-R	Pedal (R)	1	1569-47	Plate Spring (ø1.5 x ø14.5 x 64)	1
1569-09	Wheen Cap (ø50)	2	1569-48	Hex Head Bolt (M8 x 60mm)	2
1569-10	End Cap (ø50)	2	1569-49	Nut (M8)	2
1569-11	Bolt (M8 x 15mm)	8	1569-50	Sensor Wire (1350mm)	1
1569-12	Carriage Bolt (M8 x 60mm)	4	1569-51	Seat Adjust Knob	1
1569-13	Washer (ø8 x ø19 x 1.5)	1	1569-52	Seat Bushing	1
1569-14	Nut Cap (M8)	8	1569-53	Hex Head Bolt (3/8" x 45mm)	4
1569-15	Arc Washer (ø8 x ø19 x 1.5)	16	1569-54	Seat U- Plate (38.1 x 38.1mm)	1
1569-16	Bearing (L)	1	1569-55	Seat (CY-207)	1
1569-17	Bearing (R)	1	1569-56	U-bar (ø28.6)	1
1569-18	Magnet (ø12.5 x 5mm)	1	1569-57	Foam Grip (ø28.6)	2
1569-19	Pulley (ø240)	1	1569-58	Bolt (M6 x 10mm)	2
1569-20	Belt	1	1569-59-A	Tension Knob	1
1569-21	Crank (1pc)	1	1569-59-B	Tension Cable (1350mm)	1
1569-22-L	Nylon Nut (1/2" x 20T)	1	1569-60	Tension Bolt (M5)	1
1569-22-R	Nylon Nut (1/2" x 21T)	5	1569-61	Computer	1
1569-23	Plastic Spacer (ø16 x ø25 x 22)	2	1569-62	Extension Wire (1200)	1
1569-24	Plastic Roll (ø16 x ø30.5)	6	1569-63	Round Cap (ø28.6)	2
1569-25	Chromed Bearing (ø15.8)	4	1569-64	Seat Post	1
1569-26	Rear Pedal Axle (L)	1	1569-65	Spring Washer	4
1569-27	Rear Pedal Axle (R)	1	1569-66	Foam Grip	2
1569-28	Bearing (6000zz)	2	1569-67	Handlebar Cap (ø28.6)	2
1569-29	Flywheel Spacer (ø10 x ø13 x 10)	1	1569-68	Plastic Cap	4
1569-30	BC Nut (3/8")	1	1569-69	Plastic Roll (Slant)	2
1569-31	Washer (ø10 x ø19 x 1.5)	1	1569-70	Pulse Wire	2
1569-32	Nut (3/8")	1	1569-71	Bolt (M4 x 16mm)	9
1569-33	Greased Bearing (ø8 x ø13 x 6)	1	1569-72	Bolt	1
1569-34	Flywheel Axle (ø9.98 x 126)	1	1569-73	Plastic Cover (L)	1
1569-35	Nylon Nut (M8)	2	1569-74	Plastic Cover (R)	1
1569-36	Washer (ø10 x 26 x 1.5)	4	1569-75	Crank Cap	2
1569-37	Lower Handlebar Cap	2	1569-76	Rear Stabilizer	1

# 11. EXPLODED DRAWING



## 12. TROJAN 1 YEAR LIMITED WARRANTY

Masstores (Pty)Ltd ("the Supplier") hereby provides a limited warranty to the original purchaser of this product ("the Consumer") that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the following stipulated periods from the date of purchase:

### Exclusions

The warranty does not include and will not be construed to cover products damaged as a result of disaster; misuse; commercial use; use not in accordance with the written instructions included with the product; abuse; and/or any non-authorized modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

### Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use, this product and whether or not occasioned by the Supplier's negligence or any act or omission on its part.

### Claims under 1 Year Limited Warranty

Within 7 days of purchase:

The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).

After 7 days but within 3 months of purchase:

The Supplier may in its sole discretion either replace or repair the product.

After 3 months but within 1 year of purchase:

The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

- Treadmills: Running Decks, Running Belts, and Rubber Arm covers
- Exercise Bikes/Spinners: Pedals, Cranks, and Rubber Arm covers
- Cross Trainers/ Ellipticals/ Steppers: Foot Rests, Cranks, Shocks, and Rubber/Foam Arm covers
- Home Gyms: Pulleys, Cables, Seats and Padding
- Trampolines: Springs, Mats, and Covers
- Rowers: Rowing Strap / Rope / Arms, Pulling Handle, Grip, Moveable Seat

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase






## Proof of Purchase

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our call centre on 0861 Trojan (0861 876 526), or online at [www.trojanhealth.co.za](http://www.trojanhealth.co.za). If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call-out and/or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store.

The Consumer shall phone the Trojan hotline on 0861 Trojan (0861 876 526) and the Supplier's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).

	ATTACH RECEIPT
<b>CLIENT DETAILS</b>	
NAME: _____	
EMAIL: _____	CELL: _____
TEL(H): _____	TEL(W) _____ FAX _____
ADDRESS: _____	
<b>PRODUCT DETAILS</b>	
DATE OF PURCHASE: dd / mm / yy	SERIAL NUMBER: _____ TILL SLIP NUMBER: _____
DISCRIPTION OF PRODUCT	
<b>BRANCH PURCHASED AT</b>	
0861 TROJAN (0861 876526)	WWW.TROJANHEALTH.CO.ZA



Masstores (Pty) Ltd  
16 Peltier Drive, Sunninghill  
Sandton, Johannesburg, South Africa

# 13. TROJAN REPAIRS PROCEDURE

## 1. Procedure for repairs

Should you experience any faults or breakdowns on your Trojan equipment, please adhere to the following procedure to have the fault rectified speedily and professionally.

- Do not return the product to the store\*
- Call 0861 Trojan (0861 876526) to log the faulty product (under warranty or out of warranty)
- The operator or technical advisor will try identify the fault, and will book a service team call out.
- The service team will endeavour to fix the problem in your home on an agreed date and time.
- Only if the fault cannot be repaired in the convenience of your home, will the service team take the faulty product back to the service centre.
- Items repaired in our service centre will be returned to your home on an agreed date and time.

**\* Note:**

*Should you live in an outlying area, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.*

## 2. Cost of Repairs

### 2.1 Under warranty

- Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty. (refer to "warranties" section in this manual)
- Any items that need to be repaired that are NOT covered in the warranty will be for the consumer's expense. A quote for the repair/replacement of these items will be provided to the consumer for approval prior to repairs being conducted.

### 2.2 Out of Warranty

- Any items that need to be repaired once the warranty has expired will be for the consumer's expense including call out fees. A quote for the repair/replacement of these items will be provided to the consumer for approval prior to repairs being conducted.



**GET IT FIXED AT YOUR HOME OR OURS**

For immediate help with assembly or for additional product information, please call our help line.  
No need to return this product to the store.  
Our Customer Service Department is ready to provide you with friendly assistance from the convenience of your own home

[WWW.TROJANHEALTH.CO.ZA](http://WWW.TROJANHEALTH.CO.ZA)

Please have your serial number ready when you call the service centre



